

BREAST CARE INITIATIVE
NAVAL HOSPITAL BEAUFORT
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BREAST CARE COORDINATOR

Breast Health Education at Naval Hospital Beaufort includes individual consults with the Breast Care Coordinator tailored to the patients needs:

- Patients who need education regarding breast health and self-breast exam.
- Patients at high risk for breast cancer
- Counseling on tamoxifen as a breast cancer prevention tool
- Patients that are being evaluated for breast health issues
- Newly diagnosed breast cancer patients undergoing testing and treatments
- Breast Cancer Survivors
- Education for Female Recruits, Active Duty, Retired Beneficiaries and/or their Spouses
- Community Outreach to Beaufort and throughout South Carolina

The Breast Care Initiative provides state of the art breast care for any eligible beneficiary. Our mission is to bring awareness to women, and men, about the importance of early detection. We encourage women to get their regular, annual screening mammograms, along with their annual, clinical breast exams. Women are also encouraged to learn the most effective way to protect their breasts by practicing monthly self-breast exams. The more familiar a woman is with her normal breast tissue, the easier it is to detect changes and report them to her primary care provider.

American Cancer Society Screening Guidelines:

- 35 to 40 - Your healthcare provider may recommend a baseline screening mammogram
- 40 & Up - Yearly Mammogram
- High Risk – Your healthcare provider may recommend a mammogram at an earlier age or more frequently

Monthly Self-Breast Exam:

- Menstruating women should check their breasts the last day of the menstrual period of several days after.
- Menopausal women or pregnant women should select the same day of the month.
- Women on hormonal therapies who cycle off their medication need to perform their exam the day they resume their medication.
- Breastfeeding mothers should examine their breasts when all the milk has been expressed.

You don't have to have a lump to have Breast Cancer.

Breast Changes to be reported to your Primary Care Provider

- **SHAPE** of the breast, nipple, and areola. Compare one breast to the other. One breast may normally be larger than the other, but sudden changes in size should not occur.
- **LUMPS** or thickening of the breast tissue. If the lump found is stony hard, contact your health-care provider immediately.
- **SKIN** for any rash, redness, blotchiness, orange-peel skin, dimpling (pulling in), bulging out, bruising, moles or any type of sore. Persistent itchy skin on nipple or breast. Feverish breast.
- **NIPPLES** for any crusty material caused by a discharge, rash around the nipple, or inversion (pulling in). Report any discharge from your nipple not associated with the onset of a menstrual period, hormonal medications, sexual stimulation or excessive manipulation of the breasts. A bloody discharge or a discharge from only one breast needs to be reported promptly.
- **PAIN** in the nipple or breast that is constant or persistent
- **LYMPH NODES** that are swollen under the arm or above the collar bone
- **VEIN PATTERNS** on the chest for a noticeable increase in size or number of veins compared to other breast

You may contact the NHB Breast Care Coordinator at 228-5231 or jkasiak-gambla@beaufort.med.navy.mil